



DUFFIELD SCENE

MARCH 2019

Edition 317
Published Monthly

Ellis-Fermor & Negus

SOLICITORS

Helping People,
Solving Problems



BELPER • RIPLEY • BEESTON • LONG EATON

Belper 01773 821665

Lexcel

www.ellis-fermor.co.uk

DUFFIELD SCARECROW TRAIL THEME ANNOUNCED

Last year's Scarecrow Trail was an incredible success with so many brilliant entries.

Each year it has grown and grown, and this is due to such an enthusiastic community in Duffield.

The theme for this year is My Favourite Song or Music. This can be interpreted in so many ways, for example your scarecrow could depict a specific song, or you might capture a musical moment in time, or show a particular genre. You could even dress up a scarecrow to represent a nursery rhyme.



We can't wait to see what amazing creations there will be this year. The Trail will be from the 11th to the 15th of September. There will also be street entertainment amongst the scarecrows.

Please register your scarecrow by emailing scarecrows@duffieldartsfestival.com or calling 07988 602570.

The Duffield Arts Festival competitions will also commence in March. These include art, short story and photography, see the back cover and website at www.duffieldartsfestival.com for more details.



BENZ BAVARIAN
SERVICE CENTRE



1987 - 2017
Celebrating 30 years
of Excellence

The **MOT & Service** centre you can trust

- Bosch Approved Workshop Facility
- Fully Certified MOT Centre
- MOT Preparation
- Full Electronic Diagnostic service
- Re-mapping service, power and MPG
- Free local collection and delivery
- Free Courtesy car
- Save up to 50% on Main Dealers

01332 843756

service@benzbavarian.com

4 Tamworth Street, Duffield, Derbyshire, DE56 4ER



CARWISE



Award-winning service from
your local garage

- We hand-pick used cars for choice, quality and value
- We look after all of your motoring needs:
 - Service, repair, MOT, electronic diagnostics;
 - Tyres, air conditioning;
 - Accident repair.



Call us on 01332 840779 or visit:

www.carwisederby.com

please read our customer feedback



DUFFIELD SCENE

Established August 1992

All information, letters, news, articles, diary events, photographs and suggestions should be

marked "Duffield Scene" and sent to: Duffield News, Town Street, Duffield.

Telephone: 01332 898 898

Email: info@duffieldscene.co.uk

Web: www.duffieldscene.co.uk

The Duffield Clinic

Eyes + Ears + Skin

6 Wirksworth Road
Duffield, Derbyshire DE56 4GH

team@duffieldclinic.co.uk
www.duffieldclinic.co.uk

01332 843666

Our services:

- + Eye tests
- + Contact lenses
- + On-site glazing
- + Corporate eyecare/VDU/safety glasses
- + Skin rejuvenation
- + Botox & fillers
- + Podiatry
- + Ear wax suction
- + Audiology/Hearing aids
- + **FREE** Hearing tests

**HOME VISITS
EVENING APPOINTMENTS**



PC-BMI COMPUTER & MEDIA SERVICES

- PC Repairs & Upgrades
- Apple Mac Repairs & Upgrades
- Business Services & Networking
- New PC's & Laptops
- Virus Protection & Removal
- Software & Tuition
- Backups & Data Recovery
- PC Health Checks
- VHS & Slide to DVD Transfer Service



We visit your home or business

www.pc-bmi.co.uk

Tel: 01332 830888 Mobile: 07894 309024

Finding the right solution for you

PRIDE electrical services ltd

FREE ESTIMATES

All aspects of electrical work undertaken including:

- Rewires/partial rewires • extra sockets
- extra lights • new extensions • central heating
- wiring/fault finding • inspection and testing
- landlords certificates • friendly reliable service.



Jeremy Bexon

Tel: 01332 660779 Mob: 07921 634473

Email - admin@prideelectricalservices.co.uk

IRONING

- * Free Collection/Delivery to All Areas
- * Fully Insured
- * 24 Hour Return
- * **Just £3.80 per KG ***

Save Time and Stress Call



Pressed Express !!

Tel : 07535 671244



Coxbench Hall

Quality Residential Home

Drop in to see us, browse our website or telephone for a brochure and DVD.

Alfreton Road, Coxbench, Derby DE21 5BB

- ◆ Superb home cooking, catering for special diets ◆ Extensive entertainment and activities on offer
- ◆ Outings in our own minibus ◆ Beautiful gardens in the National Gardens Scheme
- ◆ Highly trained staff ◆ All rooms have call system, TV and telephone ◆ Most rooms are en-suite
- ◆ Weekly and long stay options available ◆ Free day's stay for potential Residents

Telephone: 01332 880200 Email: office@coxbench-hall.co.uk

Web: www.coxbench-hall.co.uk

Coxbench is about caring

ACCESS LOCKS DERBY LTD

6 Marsden Close, Duffield

Tel: **01332 842852**

Mob: **07737239388**

- Local Family Run Business
- Established 12 Years
- Full Locksmith Service
- Senior Citizens Discount

Website: locksmithderby.com

Email: accesslocksderby@aol.com



LIVELY DEVELOPMENTS LTD

Plumbing and Heating Engineer

Local, reliable and professional service offered in all areas of plumbing, heating, bathroom suites, servicing and Landlords'

Gas Safety Records.

No job too small - free quotations

30 years experience.

Telephone Steve - 07973 728 142



RAILCAR GALA WEEKEND

DVWB 'DUST IT OFF' EVENING



Ecclesbourne Valley Railway will be hosting a 'Multiple Memories' railcar gala weekend on Saturday 16th and Sunday 17th March 2019. Travel back to the 50s, 60s and 70s with our Multiple Memories Weekend as we celebrate the unsung heroes of British Railways! The event features our special intense Orange Timetable, a large selection of our diesel railcars in interesting combinations.

The Railcars

Derby Lightweight M79900 'Iris' Often regarded as one of the flagship preserved railcars. Class 101's E50170, E59303 & E50253 An original configuration Metro-Cammel

three car set.

Class 101 E51505 Returns to the event following internal and mechanical work, partnered with 55006 for the weekend.

Class 108 E53599 The very first vehicle of a large class of Derby built vehicles.

Class 119 W51073 Another rare and unusual vehicle featuring a plush first class.

Class 122 W55006 Affectionately known as 'bubblecars', these versatile units remain ever popular.

Adults £17.50, Conc. £15.50, Children £9, Family (2+1) £46, Adult 2 Day £30. Tickets are valid for both the Ravensthorpe and Duffield lines on this weekend. Book at: www.e-v-r.com.



Interested in dusting off an old instrument or trying something new? Come and join the Derwent Valley Wind Band on Monday 25th March for their 'Dust it off evening' from 6:45pm – 8:30pm in the Main Hall at the Ecclesbourne School, Wirksworth Road, Duffield, DE56 4GS.

All welcome, come along, have a go and see how you like it with no obligation - then if you enjoy playing with us, join the band. For further details you can contact us through Facebook, through our website at: www.dvwb.org.uk or by email at info@dvwb.org.uk.

COMMUNITY ASSOCIATION AGM

Members of the Duffield Community Association, organisations belonging to the DCA and all Duffield residents are welcome to come along to our Annual General Meeting on Wednesday 3rd April, 7.30pm at the Weston Centre, Tamworth Street. Following a short business meeting and light

refreshments, our speaker is Mr Alistair Fraser-Moodie. He will be talking about his fascinating career as an A&E consultant in the NHS. No pressure to join, see what we do, the chance to ask about our plans for Chapel Street and Wirksworth Road corners. Adele Abbott, 07759 789946 or delandjim554@gmail.com.

We can make a difference every day

Quality care and companionship in your own home

**Companionship
Personal Care
Managed Live In**

**Hospital to Home
Specialist Care**

Choose us to make a difference to you or your loved ones every day by calling 01332 91 32 32

www.rightathomeUK.com/Derby
Derby@rightathomeUK.com

Quality Care in Your Home

CARE AND COMPANIONSHIP

PHYSICAL ASSISTANCE

PERSONAL CARE

WELL-BEING

SPECIALIST CARE

DEMENTIA

EURONICS

BIG BRAND DEALS

Panasonic

SIEMENS

SONY
make.believe

EFF

Hotpoint

BOSCH

Lec
Pure Refrigeration

ROBERTS

For your next LED TV, Washing Machine, Refrigeration and much more besides

Available For Immediate Delivery • Credit Facilities Available
 The credit advertised is provided by one credit provider with whom we have a commercial relationship

LESTER & NIX

We Deliver and Install Locally
 We Advise and Care
 We Remove Your Old Appliance

www.lesterandnix.co.uk
01773 822828

ScarsdaleVets

FREE pet goody bag (if you book before March 31st)

What to expect when you're pet-specting ...

Book a **FREE New Pet Check** for your new dog, cat or rabbit!



4 weeks FREE insurance (for dogs and cats under 12 months)

Park Farm Practice, Park Farm Centre, Allestree, Derby DE22 2QQ
01332 554422
scarsdalevets.com/petspecting

Pride Place, Caesar Street, Derby DE1 3RU 24 Hour Call Out



Pride Plumbing Services
www.prideplumbingservices.co.uk

- Central Heating
- Boiler Installations
- Boiler Breakdowns & Repairs
- Bathroom Suites
- Taps & Valves
- Servicing & Landlords Certificates
- Unvented Hot Water Units



All work undertaken and guaranteed
Free Quotations



Reg No. 213086 Tel: 01332 367070 Anthony: 07832218516



WILLIAMSONS ROOFING

Roof repairs and re-roofs
Chimney repairs / Leadwork
Flat roofs etc (no VAT)

Duffield based
01332 841488

40 years in business locally



NEED A HANDYMAN!!

DAVID GREY
PROPERTY MAINTENANCE AND REPAIR

David Grey's Property Maintenance

"One Man one bill"

- Plastering
- Plumbing
- Tiling
- Painting
- Dripping taps
- Minor Electrics
- Carpentry
- Fencing

01332 881 801 07724 500 204

Van and a Man

£35.00 FOR THE FIRST HOUR
£25.00 FOR SUBSEQUENT HOURS
Half Day and Full Day rates available



Call Malcolm on 07870 444 461



Becksitch
Fine Art Framing
Bespoke High Quality Picture Framing
MEMBER OF THE FINE ART TRADE GUILD

We offer a fully bespoke fine art and commercial framing service for the home, office, shops and galleries.



Based in Belper, Derbyshire

Tel: 01773 827081 07866 135304 www.becksitch.co.uk



1 CHOOSE YOUR DESIGN

2 ADD TEXT AND COLOUR

3 PREVIEW INSTANTLY

MUM LIKES...
FAMILY TRIPS OUT
COOKING ITALIAN FOOD
LUNCHTIME WITH FRIENDS
SPA WEEKENDS
SUNDAY LUNCH AROUND THE TABLE
WALKING THE DOG
GALAXY HOT CHOCOLATE
CARD CRAFT
FOOD BLOGGING
RETRO HANDBAGS
RETAIL THERAPY

www.personalisedposters.co.uk



BRANCH OFF TREE SERVICES

All aspects of tree work undertaken to **British standards 3998** by fully insured and **NPTC qualified** professional arborists. Also stump grinding (stump removal) carried out.

Call: 07855 607 203 or 01335 214 137

MAKE YOUR BUSINESS STAND OUT!



Jonathan Leach, Director of Indigo Drum Communications, offers business owners some valuable advice to help them make the most of communication tools and tactics to develop their business...

We are in a new era of communication, whether we like it or not. The fact that we read articles on our phones, in an online newsletter or on Twitter proves this. In this very crowded world, one of the key ways to make your business stand out is by effective communication and promotion. A starting place is to create

a marketing plan that reflects your business plan; this will help you increase people's knowledge of your business and increase your number of customers. Particularly consider what your unique selling points are.

PR and Social Media

Think about how you will tell people about your business. How will you engage the media? Do you know what social media content works best and which are the best platforms for you? And how do you know when your posts have been successful? A key to being successful is to be engaging but different.

Launching Products or Venues

Decide what is the most important thing you need to achieve - is it a busy opening night, or brand awareness in the local area, for example? Knowing this will help develop appropriate tactics that will work hard for you. If you are doing something different, pre-promote the

opening of a venue or new product to local media. Invite them to the opening night and then use photography from the night to achieve a second wave of press coverage. With photography, it is important to make sure it is of a professional standard. Hold a launch night, this brings focus and helps create a sense of excitement and shows people that your venue is the place to be or your product or service is the one to have.

Business Facilitation

Your team needs to be on board with where you want to go. To achieve your business aims and to test that you are on track, independent facilitation works really well. A good professional who can be objective really can ensure that the event is effective and fun. Bringing people together to generate ideas, evaluate options, solve problems or plan future work can be very challenging. Through active and engaging facilitation, it can stimulate creativity and enable teams to move forward with you.

Indigo Drum Communications

Jonathan Leach set up Indigo Drum Communications after over twenty years working in very demanding organisations delivering communications and business change. Indigo Drum Communications are able to offer the full range of communication support including consultancy, PR and social media, event management, training, writing and leading on any event.

They pride themselves on being impactive and inventive in delivering whatever the customer needs. Jonathan lives in Duffield and founded the Duffield Arts Festival, which is now in its fourth successful year. For an informal chat contact us on 07952 675862 or email us at contact@indigodrumcommunications.com.

indigodrum
COMMUNICATIONS

Nursing Care | Residential Care | Long-term Care | Respite Care | Day Care



WINNER OF THE DIGNITY BRONZE STANDARD AWARD 2011

Welcome to Milford House, your local award winning care home

At Milford House we offer residential and nursing care within the beautiful former country residence of Jedediah Strutt.

You will be assured of 24 hour personalised care service, traditional and delicious home cooked meals by our on-site chef, social activities, housekeeping services, hairdressing, visits by GP, and much more.



Milford Care
Winner of Best Care Group in Central England 2008

Derbyshire County Council
Quality Premium

MACMILLAN CANCER SUPPORT
Life Enhancing Care Home Program

Great British Care Awards 2011 Winner

"All the staff were genuinely concerned for her, and us, which helped us to feel better knowing that we had definitely made the right decision. We could not have been happier with everything that you did for her while she was with you, and also the welcoming we as her family received every time we came to visit her. Nothing was ever too much trouble for anyone." (Family of resident, February 2012)



www.milfordcare.co.uk 01332 841753 Derby Road, Milford, Derbyshire DE56 0QW

Select

Coffee Lounge & Gin Bar

... Coffee Lounge ...

Now Open Monday to Saturday 10.00am - 4.00pm

Serving

Excellent Coffee
Delicious Cakes & Cream Teas
Light Breakfasts & Lunches
Afternoon Teas & Champagne Breakfasts by request

... Gin Bar ...

Open Friday & Saturday Nights 6.00pm - 10.00pm

Please Enquire About our:-
Monday Night-Book Clubs
Thursday Night-Business Networking & Quiz Nights
Availability for Groups & Private Parties

Serving

Wide Range of Exciting Gins
Premium Cocktail Menu
Wine & Prosecco
Gin Tasting & Masterclass Events

33 Town Street Duffield
<http://www.selectbarduffield.co.uk>

f Select Coffee Lounge **f** Select Bar Duffield
joshselectbar@gmail.com ☎ 07415 971 196
karenselect@hotmail.com ☎ 07885 909 862

LONELINESS IN DUFFIELD - PAULINE LATHAM MP

The post-Christmas blues get to all of us – indeed, it is proven that January with its dark nights and cold weather are most likely to trigger depression.

This is accentuated for those who live on their own because they are less likely to see family, friends and neighbours.

The mental health charity Mind equates feeling lonely with feeling hungry.

Its experts state that just as the body uses hunger to tell the brain we need food, loneliness is a way of it indicating that we need more social contact.

Therefore, the simplest way to ease feelings of loneliness can be to try to meet more or different people.

We tried in a small way to help pave the way for people from Duffield to mix with others at the loneliness event I hosted at Ecclesbourne School last month.

Jo Cox, the much-missed MP who was murdered by an extremist in June 2016, said: “I will not live in a country where

thousands of people are living lonely lives, forgotten by the rest of us.”

The foundation set up in her name has been so successful that government created the world’s first Loneliness Minister last year.

The Jo Cox Foundation and another organisation, Silver Sunday campaign, helped us organise our special morning at Ecclesbourne School.

Silver Sunday draws attention to the problem of loneliness and celebrates the contribution of older people to society.

Its team believes that their happiness and wellbeing is increased when generations are brought together.

We saw clear evidence of this when the wonderful pupils of Ecclesbourne engaged with those from the opposite end of the age spectrum. There were many smiles from both sides.

The sixth-form pupils from Ecclesbourne helped organise the event as part of their Duke of Edinburgh award and citizenship programme.



I was delighted to speak because I believe strongly in bringing young and old together and in helping those who are blighted by loneliness.

James McNamara, the headteacher at Ecclesbourne, and Simon Ferrigno, from the Co-op who very kindly sponsored the refreshments at the event, also gave passionate views on the subject.

I hope that the older guests will react positively to the messages by the practice manager from the Appletree Medical Centre and representatives from the Duffield Good Neighbours’ Project and Ecclesbourne Valley Railway.

They gave an encouraging

insight into what can be done to relieve loneliness, emphasising that there are people and projects in Duffield who can help. The guests then enjoyed a cup of tea and cake whilst they were entertained by very talented pupils who played instruments, sang and read poetry.

It was a lovely morning and it gave older members of the community an opportunity to mix with people who they would never have otherwise met.

I intend to hold further events about loneliness throughout my constituency, so please get in touch with my constituency office if this is something of interest to you.

**Duffield
CHIROPRACTIC
CLINIC**

- PAIN
- POSTURE
- PERFORMANCE

T. 01332 840750
duffieldchiropractic.co.uk
 First floor, 25 Town Street, Duffield
 Derby DE56 4ER

**Saint Leonard
veterinary centre.**

- Outstanding Affordable Service
- See Your Own Vet Every Time
- Advanced Veterinary Care
- Family Run Business
- Allestree branch
2 miles from Duffield
on Duffield Road

**RATED BY OUR CLIENTS
4.9

ON FACEBOOK
& GOOGLE**

DERBY & ALLESTREE PRACTICES
 134-136 OSMASTON ROAD, DERBY, DE1 2RF, TEL: 01332 345119
 367A DUFFIELD ROAD, ALLESTREE, DE22 2DN, TEL: 01332 553396
WWW.SLVETS.CO.UK

THE CHANGING SEASONS ON THE MEADOW

From an early age, Leonardo da Vinci has been one of my favourite artists – especially his drawings that show his incredible inventiveness, close observation and endless curiosity. My admiration has only increased having seen the (free) exhibition at the Derby Museum where his skills are breathtaking - from the simplest of drawings of a briar branch with blackberries weighing down one end to the amazing complex sketches of Leda's braided hairstyle; from anatomical drawings of the bones of the foot to an illustration of the way we surround ourselves with unnecessary "stuff" showing a cascade of ladders, buckets, books etc. falling from a cloud! All these are contained within small frames and need one of the magnifying glasses provided to appreciate the finer points.

These sketches and notes were not made for public view but are the artist's preparatory thoughts and explorations of what might later be included in a finished work and illustrates the merit in taking time to really look and really see what is around us, something I urge you to do on the Meadow at this turning point of the year. Whilst walking the other

day in the warm sunshine, there was a beautiful, soft, quiet trilling song coming from the hawthorn bush near the wetland gate. To my surprise, it proved to be two male blackbirds that seemed to be having a very confidential conversation with no hint of the normal rivalry they might exhibit later in the year. They seemed oblivious to my presence until I was very close and then one flew off with the usual alarm call and its friend went silently in the other direction. There was a column of bouncing mosquitos in the warm sunshine dancing above the edge of the pond and on the drying piles of mud and roots from the pulled bulrushes, smaller flies were crawling around enjoying the heat. All around there was evidence of impending spring – swollen buds on the bushes and trees hinting at the leaves that were about to burst forth. A bud is a "condensed" shoot. Its stem is very short and its leaves are so close that they overlap,

each one wrapping round the next above it. The inner leaves are crinkled and folded, since a large surface area is packed into a small space. The outermost leaves are often thicker and tougher, and sometimes black or brown. These are the bud scales and they protect the more delicate, inner, foliage from drying up, from damage by birds, insects, fungi etc. and, to some extent, from extremes of temperature. At the end of the bud's short stem is either a flower, or a growing point where rapid cell division will take place later on when the next bud is forming.

The bud-forming habit gives the plant the advantages of being able to present a photosynthesizing surface to the atmosphere very rapidly after weather conditions become favourable. The leaves, already formed in the bud, are available almost at once, whereas it would take many weeks for them to grow

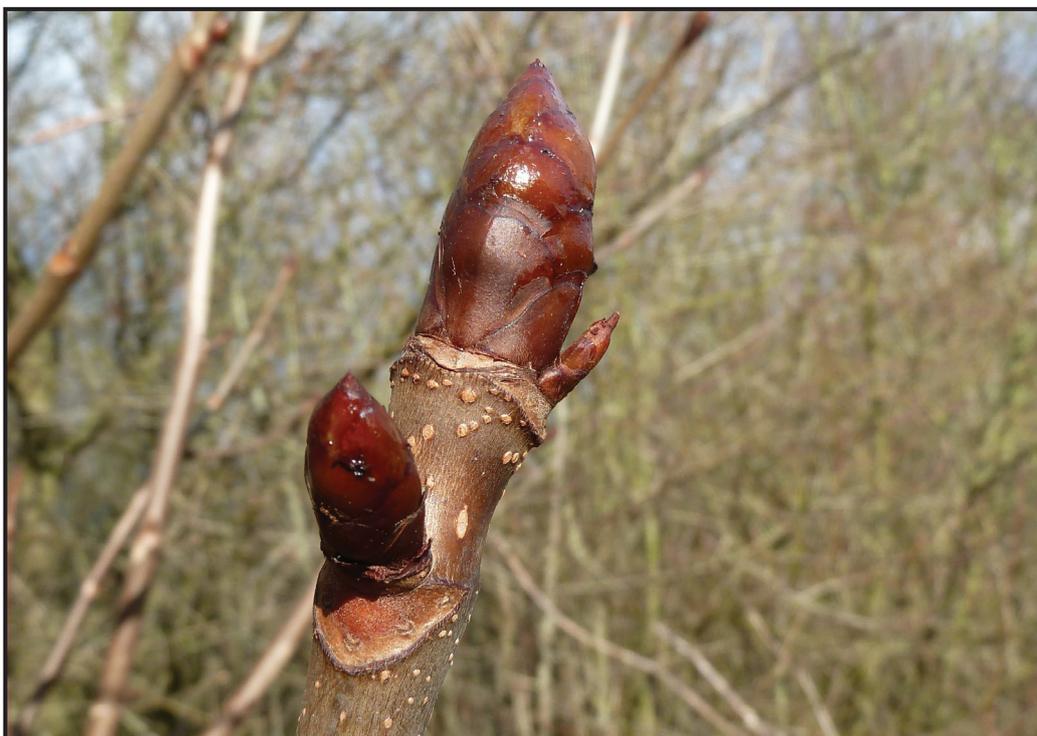
from the single cells at the growing point. The stem of the bud begins to elongate and the bud scales are pushed apart. As the stem grows in length it spaces out the leaves, which unfold and spread out their surface. The bud scales often curl back and in a few weeks fall off. On exposure to light, the chlorophyll in the leaves develops fully, and photosynthesis begins soon after.

The buds that are easiest to see and are reminiscent of childhood are the "sticky buds" of the horse chestnut tree. The leaves of this tree are very large –hence the size of the bud(s) and the stickiness is a deterrent to insects and fungi that might otherwise damage it.

The overnight frosts are keeping the nighttime temperatures too low for frogs to spawn but that has not stopped the bulbs from flowering – crocus, snowdrops and daffodils all in flower responding to the sunshine. These are vital for the early insects that have few other sources of nectar and pollen and as I knelt to photograph some blooms, a small bee flew off. These early flowers and slightly unseasonal warm days can spell disaster if it is followed by another prolonged cold spell as the other blossoms like blackthorn, crab apple and cherry are no where near breaking yet.

After the report in the Guardian about the worldwide ecological crisis due to insect populations crashing, it would be easy to feel downhearted and unable to stop the decline. I take the view that if we all did a small part to encourage more insects into our own gardens and into the meadow and if that was multiplied across the country – it will make a difference. Take a slow walk around the reserve and look carefully and closely. We already have.

by **Di Hancock**
Millenium Meadow Chair
07511230320
di.2013.hancock@gmail.com.



Hunters

Furniture & Home Interiors
Est. 1928



Radley Sofas by Collins & Hayes

Living | Dining | Kitchens | Bedroom | Accessories | Flooring | Café

Visit our showroom at Babington Lane, Derby. DE1 1SY

t. 01332 349285 huntersfurniture.co.uk Facebook, Twitter & Instagram @huntersofderby

DUFFIELD WINDOW CLEANERS

- Experienced, professional and trustworthy
- No job too small
- Fully insured
- Gutter clearance

FOR
WINDOWS
THAT ARE
CRYSTAL
CLEAR

Please call for a no obligation quotation

Contact: Neil Chambers

Mobile: 07971 122116

Email: duffieldwindowcleaners@googlemail.com

'LOCAL SERVICE FROM LOCAL PEOPLE'

DUFFIELD WINDOW CLEANERS, 30 New Zealand Lane, Duffield, DE56 4BZ



Duffield Parish Council

Newsletter March 2019

Duffield Good Neighbours Week – 25 March



A programme of events in Duffield is being organised by the Duffield Good Neighbours group to promote all the different activities in the village for the over-55s. The full programme will be published on the Parish Council website nearer the time but includes a talk on Wednesday 27th March at St Margaret's Catholic Church by Siobhan Fennel, who will speak about disabled accessibility and provide dementia friends training.

On Friday 29th March, MP for Mid-Derbyshire, Pauline Latham will be at the Weston Centre coffee morning from 11.20-12.30 for an informal meeting talking about Good Neighbours with a fish and chip lunch to follow.

Litter Picking

The WI are looking for volunteers to "adopt a road", or part of a long road, and pick up litter as needed. This will help to co-ordinate efforts by the other groups and individuals across the village to look after our open spaces. If anyone is interested in the worthy cause of keeping Duffield clean and tidy, please ring Kathy on 01332 842603 to register your interest.

Quad Open-Air Cinema

The Parish Council is to fund an open-air cinema event at Eyes Meadow, organised by Derby Quad, to run in September 2019.

The dates and films have now been agreed: Bohemian Rhapsody will be shown on Friday 13 September 2019 and Grease on Saturday 14 September 2019.

Broadway Speed Limit Reduction

The speed limit reduction (from 40 to 30mph from the junction with the A6 to the junction with Wirksworth Road) has now been agreed by Derbyshire County Council and will be implemented in the next 12 weeks.

Councillor Surgeries

Duffield Parish Councillors Steven Evanson and Chris Short are running Councillor Surgeries at the Weston Centre to answer your queries and concerns about life in the village. The Councillors represent both Amber Valley Borough Council and Derbyshire County Council, as well as the Parish Council. The Surgeries run from 10:30am – 11:30am on the first Saturday of each month - 2 March, 6 April and 4 May.

Parish Council meetings are open to the public to attend to listen or address the Council on any Parish issues. Correspondence from Parishioners is also reported to the meetings.

The next Parish Council **Full Council Meeting** will take place on **Wednesday 6th March** at 7:00pm at the Weston Centre.

Agendas, Committee Reports and Minutes can be viewed on line at

www.duffieldparishcouncil.gov.uk

Contacts

The Parish Office

The Weston Centre, Tamworth Street, Duffield, DE56 4ER.
Opening hours for public enquiries 10:30am - 12:30pm Tuesdays and Thursdays.
Telephone 01332 842740. Email - clerk@duffieldparishcouncil.gov.uk

The Cemetery

43 Hazelwood Road, Duffield.
For all Cemetery enquiries please email or telephone the Clerk on the number above or 07595 515154.

Borough Councillors

Chris Short - 01332 843781 and Steven Evanson - 01332 842333

County Councillor

Chris Short - 01332 843781. Email - chris.short@derbyshire.gov.uk



@DuffieldParCoun



Duffield Parish Council



www.duffieldparishcouncil.gov.uk

Good Neighbour Week

March 25th-30th 2019



Monday 25th

12-1pm: The Weston Centre lunch and music with Clive Jarrett (book a place with Richard 07859 235081)

2.30-4pm: Tea Party with poetry and prose at Duffield Library with Carol-Ann

Tuesday 26th

9.45am: Walk for Health with Chris Thorp (contact 07977 140415); walks are 45mins and 75mins long starting from the Weston Centre

10-12noon: Local Area Coordinator Nicky Mount drop in session (for information and advice or a cuppa and a chat) at the Weston Centre

2-4pm: C.H.A.T. at Baptist Church with a talk about the Air Ambulance

Wednesday 27th

10am -12noon: Coffee at the Weston Centre

11am: Russell Bosanko from Citizens Advice talking about saving money on your energy bills at the Weston Centre

2-3pm: Siobhan Fennell talking on Disabled Accessibility and Dementia Friends at St Margaret's Catholic Church followed by:

3-4pm: Dementia Friends awareness sessions (early booking advised with Helen 07710 085424 or through the Dementia Friends website <https://www.dementiafriends.org.uk>)

Thursday 28th

12noon-1.30pm: Community Lunch at Emmanuel Community Church (please book a place with Lynda 01332 840821)

2-3pm: Midweek praise Emmanuel Community Church

Friday 29th

10.00-11.00am: Chairbics at The Weston Centre (contact Suzanne 07810 023743)

11.30am -12.30pm: informal meeting with Pauline Latham at The Weston Centre

1.00pm: Fish and Chip Lunch at the Weston Centre (book a place with Richard 07859235081)

Saturday 30th

10-12noon: Coffee Mornings at Baptist and Trinity Methodist churches

2.30-4pm: Tea Parties at St Margaret's and Emmanuel Community Churches

Sunday 31st

Mothering Sunday: services at all 5 churches in Duffield

Coffee available at the Weston Centre Monday – Friday 10am -12noon

Sponsored by Duffield Parish council and supported by the Weston Centre and Appletree Medical Practice

WEEKLY EVENTS

MON

Babies and Bouncers*
10.00am - Parish Hall

Rotary Club of Belper & Duffield
6.30pm for 7.00pm, The Lion Hotel, Belper. John Horwood 01773 853813

TUE

Traditional Prayer Service
9.15am - St Alkmunds Church

Seedlings Toddler Group*
9.30am - 11.30am
Emmanuel Community Church

Boys Brigade & Girls Association*
6.15 - 7.30pm, New members welcome.
£2.00. Ages 5-11. Baptist Church Hall.
01773 689983

CHAT (Come and Have Afternoon Tea)
Baptist Church 2.00 - 4.00pm
Various activities for all age groups.
Come and join us for tea and a chat!
Keith Powney 841736

Yoga Class
1pm - 2.15pm, £4.50.
Bring a mat and a blanket.
Julie 07817147167 or 01332 841661.
Methodist Church Hall, King Street

WED

Duffield Baby & Toddler Group*
10.00-11.30am
£3 per child & £1.50 for under 1s.
Methodist Church Hall, King Street

Bingo, Tea & Biscuits
2.00pm, Good Company.
Ecclesbourne Close Community Centre.

FRI

Duffield Singers
7.45 - 9.45pm
St. Margaret's Church, Hall Farm Road.

Twistin' Tots*
10.00-11.00am
Music and movement for under 5s.
Methodist Church Hall, King Street
07988 602570 www.twistintots.co.uk

Massive*
4.00 - 6.30pm (years 7-9)
7.00 - 9.30pm (years 10-13)
Emmanuel Community Church
No entry charge. Food & tuck for sale.

MON-FRI

Coffee Morning
10.00am - 12noon
The Weston Centre. Coffee, tea and biscuits 50p, (refill 20p). Volunteers will ensure you are made welcome.

*term time only

MONTHLY CALENDAR MARCH

- 3** **Salt Café** - 5.30pm at St Alkmunds Church Hall. For anybody at secondary school: chill with Pizza!
'Modern Idols' - 6.30pm at St Alkmunds Church. This month's subject is 'Leisure'. All welcome.
Messy Church - 10.30 - 11.15 Methodist Church Hall. Craft, Bible stories and lots of fun.
- 4** **Songs of Praise.**
Parish Hall from 2.00 - 2.30 pm
Followed by refreshments.
- 5** **Computer Self-help Group**
Methodist Church Hall, King Street 7.30pm
Mick Hardwick at mick@hardwickclan.co.uk.
- 9** **'Who Let the Dads Out'**
Quality time for Dads with children 5 and under. Toys, crafts, stories, games, bacon butties, coffee, etc.
9.00am - 10.30am at the Baptist Church. £2.00.
- 11** **Cards and Crafts**
'Cards of Chocolates and Roses to Take Away' or do your own thing. Help and materials provided. No charge. Refreshments and a 'Thought for the Evening'. 7.15 - 9.15pm. The Baptist Church. For more information 01773 689983.
- 12** **Duffield Cumberhills WI**
"Life Tales from Members of Cumberhills WI". 7.30pm in the Sixth Form Centre, Ecclesbourne School, Park Road. Visitors welcome (call 840947 if interested).
- 16** **Coffee Morning**
10.00 - 12noon. The Weston Centre. All welcome.
- 18** **Chevin Probus Club** - 10.00am for 10.45. Lion Hotel Belper. Rev Peter Barham on 'Why Vicars Like Railways', followed by lunch in the bar. Further info. From Peter Robinson on 705554.
Tea, Cake & Chat St Alkmunds Church Hall at 2.00pm. All welcome - bring a friend with you
- 19** **Duffield Afternoon WI** - 1.30pm - 3.30pm
St Margaret's Church, Hall Farm Road, DE56 4FS. 'Navajo Mothers'. For more information call Chris Jordan 882442, chrisinaddis@yahoo.co.uk.
Duffield Evening WI - Richard Felix on 'Derby Ghosts'. 7.15 for 7.30pm at St Margaret's Church, Hall Farm Road. New members welcome.
Local Area Coordinator Nicky Mount
10.00am-noon, every third Tuesday. Drop in session at the Western Centre.
- 20** **Lunchtime Concert** - 1.00pm. Emma Rollin and a friend-or-two at St Alkmunds Church. All welcome. No charge.
- 25** **Derwent Valley Wind Band** - "Dust it off Evening" 6.45-8.30pm, Main Hall, Ecclesbourne School. See page 3.
- 28** **Community Lunch** - 12.30pm
Emmanuel Community Church.
Transport is available - to book, call Lynda on 840821. All welcome. No charge.
Mid-Week Praise - 1.30 - 2.30pm
Emmanuel Community Church, Chapel Street.
All ages are welcome. Transport can be provided - call the ECC Church office on 841386.

DUFFIELD TREES – GINKGO (THE TREE THAT TIME FORGOT)

One of our neighbours on Lime Avenue has recently planted a living fossil! Actually, it's a *Ginkgo biloba*. Pronounced *gin-ko* (with a hard g), this exotic little specimen joins the various tree species within, and around, Duffield. Also known as the maidenhair tree (due to its resemblance to the maidenhair fern), or the tree of enchantment, it's grown in almost every temperate region. The tree is considered a living fossil as it's the only remaining species of a botanical family whose members were icons of the plant kingdom in the late Jurassic period; spanning a geological time-scale from about 165 to 145 million years ago. Having survived the ice age the Ginkgo undoubtedly provided food for the dinosaurs, although I can't say I recall seeing one in the film *Jurassic Park!*



One of the oldest of cultivated species, it owes its existence to human cultivation, as it's practically extinct in the wild. Originating in China, where it is revered, it's been grown for at least 1500 years and used for **food, medicine, spiritual,** and **ornamental** purposes, and where its nuts were once used for **currency**. Some specimens in Chinese monastery gardens are over three thousand years old and some of the oldest are 164 feet (50 metres) tall. Its unique leaf shape has been used in art as a symbol worldwide; the Chinese aptly giving the Ginkgo an added name of ya-chou-tze which translates as '**Duck's Foot**' tree!

Ginkgo extract is believed to improve concentration, cure digestive problems, hangovers, and asthma and can treat



circulatory problems etc. It's claimed to improve memory and might prove useful in treating Alzheimer's. There's a recipe on the internet for a tea infusion from the leaves if you're feeling the need! However, to get the full effects you'll need to drink 2-3 cups of fresh Ginkgo tea per day, which is why most people choose to take capsules instead. The famous Kew Gardens Ginkgo was one of the '**Great British Trees**' celebrated during the Queen's Golden Jubilee. Planted in 1762 next to Princess Augusta's Great Stove (one of the first kinds of greenhouse), it is thought to be the first planted in the UK; reason alone to visit Kew.

Elsewhere in Duffield we are fortunate to have a splendid semi-mature specimen that can be seen in a garden adjoining Duffield Cemetery.



During the growing season, Ginkgoes' are resplendent in many shades of green; producing a light and dappled shade. Autumn finds it in its peak of beauty with a display of magnificent golden yellow leaves that carpet the ground for weeks. Here a **fastigiate** (upward branching) form at Lea Gardens near Matlock,

shows off its autumn yellows mixed in with a few remaining green leaves. Upright or 'sentry' forms sometimes develop occasional long horizontal, or sharply angled branches.



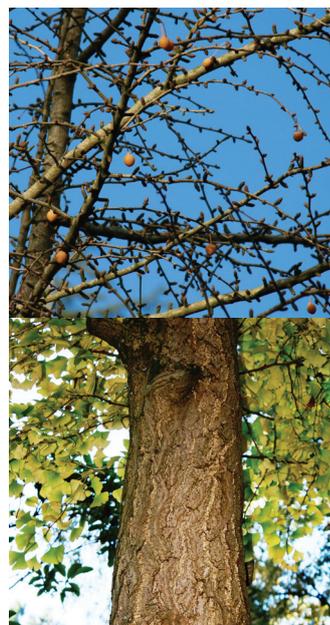
On the negative side early autumn is when the fruit-encased nuts drop from female trees. The nut inside the thin outer layer of pulp is edible and considered a delicacy in many Asian cultures where it's served at weddings and festivals and sold in cans at Asian stores as "White Nuts". However, the fruit around the nut is one of the more abysmal-smelling things in nature. Di Hancock our Millennium Meadow Chair, and regular contributor to the *Scene*, can vouch for that. She tells me that a row of female Ginkgo's next to a playground in Brooklyn absolutely stinks – of vomit! Fortunately, cultivars have enabled the propagation of male only clones that don't bear fruit but produce 2-3 cm drooping yellowish-green catkins full of pollen which grow in the leaf axils.



In winter, the pre-historic nature of the tree is most apparent, as the network of branches has a strikingly uniform and fractal-like pattern reminiscent of ferns, with which they once shared dominance of the earth's flora. The Ginkgo is able to withstand the harshest



conditions; especially in polluted environments where they've been a specimen of choice as street trees in the world's most polluted cities. Amazingly, in the aftermath of the nuclear holocaust in Hiroshima at the end of World War II, the only living things remaining in the area closest to ground zero were a handful of Ginkgo trees! Not surprisingly, it's now growing in popularity as a landscape tree around the world.



The corky, ridged and earthy grey-brown bark of the Ginkgo is thought to be fire proof; making the tree a symbol of hope, longevity, wisdom, **peace and love** – surely a favourite of Ringo Starr! Appropriately enough, Yoko Ono's "Wish Tree" planted in memory of John Lennon is a Ginkgo.

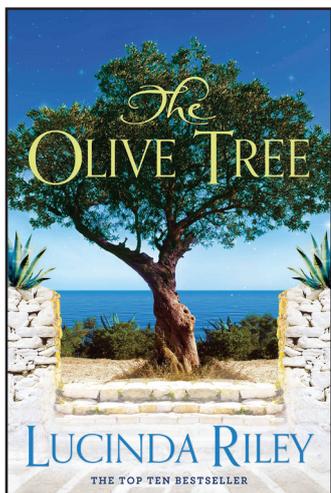
So, in a few years' time you should find yourself in Lime Avenue in early autumn being assailed through the nostrils by an obnoxious smell, it could well be that our neighbour's Ginkgo has turned out to be a female of the species!

by **Robert Reid**

DUFFIELD LIBRARY NEWS FOR MARCH

This month I have read *The Olive Tree* by Lucinda Riley. A really lovely book just right for reading in mid-winter. Set in Cyprus and featuring a strong cast of characters this novel traces the story of Helena as she revisits Pandora, a crumbling house left to her by her godfather. Helena meets her childhood sweetheart setting a chain of events in motion which threatens to make her past and present collide. Helena and her family know life will never be the same once the secrets of Pandora have been revealed.

Highly recommended.



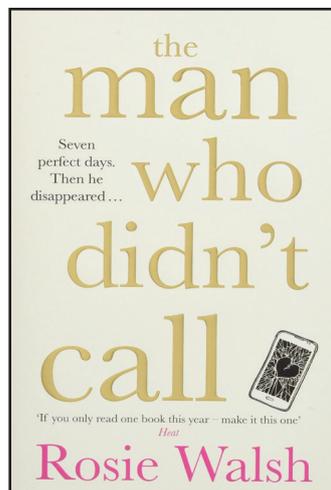
The library continues to be a donation point for the **Hope for Belper** charity, a local volunteer run food-bank helping our neighbours in Belper and surrounding areas. We have a food crate in the library where non-perishable food can be donated.

The craft group continue to meet on **Mondays** at 10am for a couple of hours to work on craft projects, so please come along if you are interested.

Our usual **storytime** sessions continue on **Fridays** at the usual time of **11am** for half an hour of stories and simple crafts for pre-school children and their carers. Just call in, no pre-booking is required. Steve is relaunching our monthly craft sessions on Saturday mornings which begin on **2 March** at 10.30am with crafts on a theme of St. David's Day. As before, these are drop in

and suitable for families.

Jessie's monthly themes are blind date with a book – we know what you've chosen but you won't-and wellbeing and finding joy in life. Please call in to have a look and all books in the displays are available to take out.



New books arriving in the library this month include a new edition of *Little Man, What Now?* By Hans Fallada, this novel published just before Hitler came to power remains a haunting portrayal of innocents whose world is about to be swept away forever. *The Man Who Didn't Call* by Rosie Walsh, in large print format, is a twisty-turny sort of mystery. Sarah Harrington meets Eddie Wallace, they spend seven wonderful days together, fall in love. Eddie leaves to go on holiday and doesn't call. Sarah is convinced something must have happened and is devastated When she finally discovers why Eddie didn't call she wishes they had been more honest with each other and shared the truth about their families.

Ultima by L S Hilton, is the third story in the thriller phenomenon taking the world by storm. Glamorous international art-dealer Elisabeth Teerlinc knows a thing or two about fakes, after all she is one herself. Caught between a Russian mafia boss and a corrupt Italian police detective, she is forced to create an even more daring

work of art and sell it for £150 million. Exposing her new identity leads to a shocking truth about her past.

Crazy in Love at the Lonely Hearts Bookshop by Annie Darling is about finding true love where you least expect it. Nina has spent years of swiping right uncovering nothing but losers and flings and is no closer to finding her one true love. When the geekiest boy from school walks into her bookshop she has nothing to fear, or has she?

The Tortilla Curtain, republished this year is compared to *The Bonfire of the Vanities*, it examines America's guerrilla war between the haves and the have-nots. Set in Southern California, Delaney Mossbacher knocks down a Mexican pedestrian, neither reporting the accident nor taking his victim to hospital. Instead the man accepts \$20 and limps back to poverty



and his pregnant 17-year-old wife, leaving Delaney to return to his privileged life in California. But these two men are fated against each other, as Delaney attempts to clear the land of the illegal immigrants who he thinks are turning his state park into a ghetto, and a boiling pot of racism and prejudice threatens to spill over.

Happy Reading

Carole-Ann and the Team

Overwhelmed by Tech? Need help to get the most from your devices?

We offer tutorials in the comfort of your own home, customised to your needs.

- Phone / Tablet and Computer problems
- Slow WiFi & Internet Issues
- Buying Advice, Installation & Setup
- Backup Advice for your files and photos

Call today for a **FREE Assessment**
with no obligation
or visit our website for more information
derbyshiretechhelp.com

Derbyshire Tech Help

Andrew King 07494 535993
andrew@derbyshiretechhelp.com



*With our legacy planning you
won't need one of these*



With us it's about judgement, not luck

Legacy Planning is a process that is designed to articulate, create and implement a wealth for life plan for your future generations. One that is consistent with your values and wishes. Having created your wealth and protected your financial assets, the next step is to prepare your beneficiaries to receive their inheritance and in doing so, create a lasting legacy. At AMG we treat our clients like family, taking the time to discuss the factors that are really important to our clients, including their knowledge, wisdom, values and beliefs. Contact us to explore how the *Hereditas*[®] legacy planning process can help you retain your family's wealth for generations to come.

Financial Planning • Legacy Planning • Retirement Planning



AMG WEALTH
MANAGEMENT

AMG Wealth Management Ltd

Park Farm Drive | Allestree | Derby | DE22 2QP

Tel: 01332 551155

www.amgwealthmanagement.co.uk



SUMMER JUNIOR PROGRAMMES AT CHEVIN GOLF

Chevin Golf Club have a long history of developing Juniors in golf, and many have progressed to represent county and country, as amateurs, club professionals, or tour players.

Following a recent expansion of facilities and strengthening of the junior coaching staff, Chevin can offer any junior wishing to get into golf a first-class opportunity to learn to play golf. Golf is a sport that

teaches resilience, integrity, and is a skill for life, but above all is a lot of fun, and one of the most popular and social sports of all.

Chevin has vacancies in its new junior programmes for girls and boys from age 4 to 18, with an offering of group coaching in term time programmes, and school holiday golf camps to provide basic fun exercises, and individual lessons to hone

skills. As playing abilities improve, club competitions and junior county league matches offer competitive opportunities.

All activities are delivered by PGA qualified staff in a safe, supportive, and entertaining environment. For more information and application details, contact Tim Stevens or Connor Steels at the professional shop at Chevin on 01332 841112.

Festive Bowl 2018

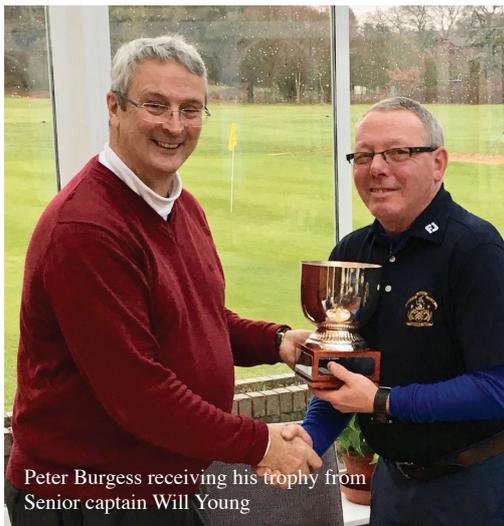
The competition for the Seniors Festive Bowl was an individual competition and there was a team competition with prizes for the best in 3 divisions, spaced to include similar numbers in each. The Festive Bowl was very competitive and won by Malcolm Whiting with a score of 40 points, on count back, with 22 on the back 9. Second Rennie Mintern with 20 on the back 9 and 3rd Peter Burgess with 19 on the back 9. The Bob Wood Trophy for seniors past captains won by Peter Burgess.

The team Prize won by Peter Holdcroft, Peter Spicer and Steve Hodgson with Dave Dawson, Rennie Mintern and Gary Biggs in 2nd and Martin Wightman, Alistair Knox and John Bradley in 3rd. Divisional winners were Martin Wightman, Adrian Needham and Garry Biggs.

For more information visit: www.chevingolf.co.uk.



Malcolm Whiting receiving his trophy from Senior captain Will Young



Peter Burgess receiving his trophy from Senior captain Will Young

THREE TIPS TO HELP IMPROVE YOUR POSTURE

Posture is so important and I spend so many hours advising people about it here are my top 3 tips I use most often in clinic.

1. Pick the go to posture for your work

It makes sense that if you are at work for 8 hours a day in the same office chair, you want to make sure that it is set up correctly for you! I emphasise for you because everyone is different, and you will need to modify the sitting position so it suits you best. Ideally for working on a computer, you want the top of the screen at your eye height, your elbows at desk height, and your hips slightly above your knees to minimise the bending strain on your lower back (if the knees are above the hips then it creates pressure on the base of the spine). So get this set up to ensure even if you do

nothing else, your posture wont be as bad through the day as it could be! This step is damage limitation and once set up you can forget about it and enjoy the passive benefits.

2. The best posture is a varied posture

OK so forget what I said above and see one of my personal favourite desk set up positions in the photo! The true best posture isn't going to be staying in the same position all morning even if you have set up your desk and chair perfectly. The best solution is actually to have your default go to set up as above, but then change the position of the chair or yourself throughout the day. For changing the chair this is basically dictated by how many levers there are on the side. Learn what each of them does and make the most of it try and find at least



2 other positions in addition to the one above. Change the position of either your chair or yourself every 20-30 minutes throughout the day.

3. Your sleeping position is also a posture to be aware of.

Posture isn't just a position in which we sit. It is also how

we hold ourselves up when walking, moving, driving etc. But if we think about the amount of time spent sleeping we want to make sure that this is also set up correctly or at least as best as we can depending on where you end up whilst asleep! The main rule here is try to sleep on your back or side, not your front! If you are sleeping on your side you want your head and neck to be in the mid line of your body. Too many pillows and you will have the neck pushed over to the side causing all sorts of compression. Too few and it does the same the other way.

When you look after your posture you move away from the possibility of pain and towards improving your performance.

by **Andrew Harlow**,
Chiropractor

COMPETITIONS ARE OPEN!!



Duffield Arts Festival 2019 competitions are open!!
The title for all three is "BROKEN!"

DCA Children's Art Competition – opens March 15th – closes June 28th.

Janis Clark Short Story Competition - opens March 15th – closes June 28th.

Festival Photography Competition - opens March 15th – closes August 24th.

All details will be found on the Festival website www.duffieldartsfestival.com in March.

The Short Story competition is open to anyone who lives

or works in Duffield and also to children from Quarndon, Milford, Little Eaton and Milford schools!

The paper and entry forms for the DCA Art competition will be available from the Duffield schools and Duffield Library.

The winners in all categories will receive prizes and be invited to the Festival Opening/Awards evening on Friday September 20th 2019.

So come on everyone - you have plenty of time be creative!

Di Hancock
(festival co-ordinator)
07511230320.

Holbrook Hall Residential Care Home



An elegant and spacious family run care home set in beautiful surroundings.

We have an excellent reputation and have been awarded the highest quality rating by the Care Quality Commission.

Please feel free to come and see for yourselves.

Alternatively call us for a brochure or visit our website at www.holbrookhall.co.uk

TELEPHONE: 01332 880698

“
My life
My home
My favourite
chair by the fire

Home care from
Bluebird Care



Find out more about home care and the difference it could make to your life.

Email the Bluebird Care team to find out more about our home care service:

ambervalley@bluebirdcare.co.uk
or call us on **01773 880055**

bluebirdcare.co.uk/amber-valley